U.S. Department of Labor Office of Labor-Management Standards Washington, DC 20210

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FORM LM-30 LABOR ORGANIZATION OFFICER AND **EMPLOYEE REPORT**

Form approved Office of Management and Budget No. 1215-0188 Expires 11-30-2006

This report is mandatory under P.L. 86-257, as amended. Failure to comply may result in criminal prosecution, fines, or civil penalties as provided by 29 U.S.C 439 or 440.

READ THE INSTRUCTIONS CAREFULLY BEFORE PREPARING THIS REPORT.

1. File Number U - 75/8	2. Fiscal Year Covered From:		
	1 / 1 / 2004 Through: 12 / 31 / 2004		
3. Name and address of person filing.	4. Name, file number, and address of labor organization.		
Name Denise Mitchell	Name AFL-CIO		
	Labor Organization File Number 000-106		
P.O. Box, Bldg., Room No., if any	P.O. Box, Building and Room Number, if any		
Street 3207 Morrison Street NW	Street 815 16th·Street NW		
City Washington	City Washington		
State District of Columbia ZIP Code + 4 20015	State District of Columbia ZIP Code + 4 20006		
5. Position in labor organization. Asst. to Pres. for Public Aff	airs		
Enter appropriate data below If, during the past fiscal year, you or your spot (except as specified in the exclu A. Held an interest in, engaged in transactions (including loans) with, or of monetary value from an employer whose employees your organization.	sions set forth in the instructions):		
Name and address of Employer (including trade name, if any).	7.a. Nature of Interest, Transaction, or Income.		
Name	· · · · · · · · · · · · · · · · · · ·		
Trade Name, if any:			
P.O. Box, Bldg., Room No., if any	the second control of		
Street	7.b. Amount.		
City Commence of the commence			
State ZIP Code + 4			
Signature			
15. Signature and verification. The undersigned declares, under penalty of Perjury and other applicable penalties of the law, that all of the information submitted in this report (including the information contained in any accompanying documents), has been examined by the signatory and is, to the best of the undersigned's knowledge and belief, true, correct, and complete. (See the section on penalties in the instructions.)			
Signed Derise W. Sitchell	On 1/28/05 (202) 637-5340		
Form I M-30 (2003)	Date Telephone Number		

Name of Person Filing Denise Mitchell	100	File Number U-
B. Held an interest in or derived income or economic benefit with monetary va substantial part of which consists of buying from, selling or leasing to, or other of an employer whose employees your labor organization represents or is acti (2) any part of which consists of buying from or selling or leasing directly or included the consists of buying from or selling or leasing directly or included in the consists of buying from or selling or leasing directly or included in the consists of buying from or selling or leasing directly or included in the consists of buying from or selling or leasing directly or included in the consists of buying from or selling or leasing directly or included in the consists of buying from or selling or leasing to, or other of an employee whose employees your labor organization or with a trust in which your labor organization or wit	wise dealing with the business vely seeking to represent, or lirectly to, or otherwise	;
8. Name and address of Business (including trade name, if any). Name Media Strategies & Research Trade Name, if any: P.O. Box, Bldg., Room No., if any Suite 510 Street 1580 Lincoln Street City Denver State Colorado ZIP Code + 4 80203	9. Business deals with: a. Labor Organiza b. Trust c. Employer 11.a. Nature of such dealing	
Name Trade Name, if any: P.O. Box, Bldg., Room No., if any	Places media buys	
Street City ZIP Code + 4	11.b. Approximate dollar value 12.a. Nature of interest held Christmas box of confice staff.	Common maria di
	12.b. Amount.	\$75
C. Received from any employer (other than an employer covered under from any labor relations consultant to an employer any payment of money	r parts A and B above)	\$75
or from any labor relations consultant to an employer any payment of money 13.a. Name and address of Employer or Labor Relations Consultant	r parts A and B above)	\$75
or from any labor relations consultant to an employer any payment of money	r parts A and B above) or other thing of value.	\$7.55

Name of Per	son Filing	Denise	Mitchell

File Number U-

Part B Continuation Page

B. Held an interest in or derived income or economic benefit with monetary value **from a business** (1) a substantial part of which consists of buying from, selling or leasing to, or otherwise dealing with the business of an employer whose employees your labor organization represents or is actively seeking to represent, or (2) any part of which consists of buying from or selling or leasing directly or indirectly to, or otherwise dealing with your labor organization or with a trust in which your labor organization is interested.

	9. Business deals with:	
8. Name and address of Business (including trade name, if any).	9. Dusiness deals with.	
Name Abernathy & Associates	a. Labor Organization	
Trade Name, if any:		
P.O. Box, Bldg., Room No., if any	b. Trust	
Street 1025 Connecticut Avenue NW	c. Employer	
City Washington		
State District of Columbia ZIP Code + 4 20036		
10. If 9.b. or 9.c. is checked give trust or employer's name.	11.a. Nature of such dealing.	
Name	Performs public relations and spee AFL-CIO.	chwriting for the
Trade Name, if any:		
P.O. Box, Bldg., Room No., if any		to promote process
Street Street		
City		
State ZIP Code + 4	11.b. Approximate dollar value of such dealing.	\$350,000
	12.a. Nature of interest held or income received.	
	See attached page 3a.	
-		# ************************************
	12.b. Amount.	\$171,669

Name o	of Person	Filing –	Denise	Mitchel
File Nu	mher			

12.a. Nature of Interest held of income received from Abernathy & Associates.

My husband, John R. Abernathy, owns Abernathy & Associates and, in 2004, received a salary of \$129,369 and expenses of \$20,000 for his work for the company. In addition, Abernathy & Associates paid my husband and me \$22,000 in rent for a condominium that we own in New York City, which my husband uses for business purposes. Finally, during 2004, I accompanied my husband on seven outings (ranging from cocktails to dinners) for which Abernathy & Associates paid. My share of the cost for those outings was approximately \$310.

Name of Person	Filing	Denise	Mitchell

File Number U-

Part B Continuation Page

B. Held an interest in or derived income or economic benefit with monetary value **from a business** (1) a substantial part of which consists of buying from, selling or leasing to, or otherwise dealing with the business of an employer whose employees your labor organization represents or is actively seeking to represent, or (2) any part of which consists of buying from or selling or leasing directly or indirectly to, or otherwise dealing with your labor organization or with a trust in which your labor organization is interested.

	· · · · · · · · · · · · · · · · · · ·	
8. Name and address of Business (including trade name, if any).	9. Business deals with:	
Name Kelly Press	a. Labor Organization	
Trade Name, if any:	a. Labor Organization	
P.O. Box, Bldg., Room No., if any	b. Trust	
Street 1701 Cabin Branch Drive	c. Employer	
City Cheverly		
State Maryland ZIP Code + 4 20785		
10. If 9.b. or 9.c. is checked give trust or employer's name.	11.a. Nature of such dealing.	
Name	Provides printing services.	
Trade Name, if any:		
P.O. Box, Bldg., Room No., if any		
Street		
City		
State ZIP Code + 4	11.b. Approximate dollar value of such dea	aling. Unknown
	12.a. Nature of interest held or income re	eceived.
-	Christmas gift of a cheese a	nd sausage roll.
	12.b. Amount.	Approximately \$25